

What is claimed is:

1. A dietary supplement comprising:
 - a. cinnamon, or an extract of cinnamon, or a derivative thereof, and
 - b. creatine, or a derivative or a precursor thereof.
2. The dietary supplement of claim 1 wherein element (a) comprises a water soluble extract of cinnamon, or a derivative thereof.
3. The dietary supplement of claim 1 wherein element (a) comprises a polymer derived from cinnamon, preferably methyl hydroxy chalcone polymer, or a derivative thereof.
4. The dietary supplement of claim 1 wherein element (b) comprises a creatine hydrate or a creatine salt.
5. The dietary supplement of claim 1, wherein element (b) comprises creatine monohydrate.
6. The dietary supplement of claim 1, wherein element (b) comprises creatine magnesium chelate.
7. The dietary supplement of claim 1, wherein element (b) comprises creatine monohydrate and creatine magnesium chelate.
8. The dietary supplement of claim 1, wherein element (b) is selected from the group consisting of glycocyamine, guanidinopropionic acid, trimethyl glycine and s-adenosyl methionine.
9. The dietary supplement of claim 1, further comprising at least one carbohydrate.

10. The dietary supplement of claim 9, wherein the carbohydrate is selected from the group consisting of dextrose, maltose, maltodextrin and trehalose.
11. The dietary supplement of claim 1 wherein element (a) is present in an amount from about 0.1 mg to about 100 mg per gram of dietary supplement and element (b) is present in an amount from about 10 mg to about 900 mg per gram of dietary supplement.
12. The dietary supplement of claim 11 further comprising carbohydrates present in an amount of from about 1 mg to about 950 mg per gram of dietary supplement.
13. A dietary supplement for oral administration, comprising from about 100 mg to about 25,000 mg of creatine or a creatine derivative or a creatine precursor and from about 10 mg to about 2,000 mg of a water-soluble extract of cinnamon or a derivative thereof.
14. The dietary supplement of claim 13 wherein administration of said supplement in an amount from about 200 mg to about 500 g per day for a period of 4 to 30 days provides an increase in total creatine content of skeletal muscle from about 10 to about 56 mmol/kg dry muscle.
15. A dietary supplement for oral administration, comprising about 2 mg water-soluble cinnamon extracts per gram of dietary supplement and about 78 mg creatine monohydrate per gram of dietary supplement.
16. The dietary supplement of claim 15, further comprising about 26 mg of creatine magnesium chelate per gram of dietary supplement.

17. The dietary supplement of claim 15, further comprising about 719 mg of carbohydrates per gram of dietary supplement.
18. The dietary supplement of claim 17, wherein the carbohydrates comprise dextrose, maltose, maltodextrin and trehalose.
19. A method of increasing the uptake of creatine in skeletal muscle, comprising the step of ingesting the dietary supplement of claim 1.
20. A method of enhancing athletic performance, comprising the step of ingesting the dietary supplement of claim 1.